

## ABSTRACT OF THE DISCLOSURE

5 A full-body exercise machine. The exercise machine includes a first  
mechanism that enables a user to selectively apply positive resistance to a first leg  
and/or a second leg independently or simultaneously. The resistance is applied during  
pushing and/or pulling motions as the first leg and/or the second leg move in opposite  
or similar directions relative to the second leg and/or first leg, respectively. A second  
mechanism selectively applies positive resistance to a first arm and/or a second arm  
10 independently or simultaneously, in different or similar directions. The resistance is  
applied during pushing and/or pulling motions. A third mechanism facilitates  
abdominal crunches, leg tucks, and/or back hyperextensions while exercising the legs  
and the arms via the first and second mechanisms. In a specific embodiment, the third  
mechanism includes a seatback linked to the first and/or second mechanisms so that  
15 actuation of the first or second mechanisms causes actuation of the seatback.  
Mechanical links are connected between the first mechanism, the second mechanism,  
and the third mechanism via swivel connectors. A stable seat accommodates the user,  
which facilitates performing simultaneous tasks, such as reading or watching  
television.